

# CEC

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

JULY 9, 2021



## BBQ PULLED ROTISSERIE CHICKEN SANDWICH

A quick and easy summer  
inspired dinner.

## ONLINE CHAIR YOGA

Verbal cues offered during  
class will help you develop  
better alignment and mind-  
body connection. Some  
movements will be done  
standing.

## FOODS TO TRY WHEN YOU'RE DEHYDRATED

Thirst is a lagging signal. That  
means that by the time you  
feel thirsty, you may already  
be at least a little  
dehydrated.



# BBQ Pulled Rotisserie Chicken Sandwich

## Ingredients:

- 1 Rotisserie chicken, from the deli, shredded
- 4 Cheddar cheese slices
- 1 Yellow onion, sliced
- 1 Tbsp.
- Olive oil
- 1 cup BBQ sauce
- 4 slices
- Bread of choice, buttered, toasted
- 2 cups Coleslaw mix
- 3 Tbsp. Coleslaw dressing
- Add Salt and pepper

## Directions:

1. Lemon Pound Cake
2. Preheat oven to 325° Fahrenheit.
3. Heat oil in large pan on medium-high heat; add onions, reduce heat to medium and cook until tender.
4. Stir in pulled chicken and BBQ sauce, heat for 2-3 minutes. Set aside.
5. Combine in medium bowl; the slaw, dressing and salt and pepper. Set aside.
6. Layer cheese on bread and toast in oven for 3 minutes; top with BBQ chicken and slaw.







# CHAIR YOGA

*Location & Event Details*

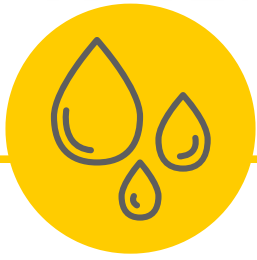
*Online*

*Date: Tue July 13 | Time: 10:30am–11:30am MDT*

*Website: <https://seniorplanet.zoom.us/j/170361931>*

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# FOODS AND DRINKS TO TRY WHEN YOU'RE DEHYDRATED



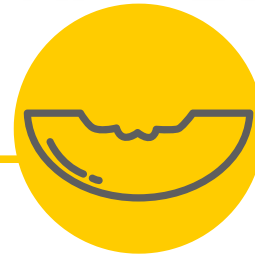
## COCONUT WATER

Coconut water is great to drink when you're dehydrated, as it provides much-needed water and supplies electrolytes and a few carbs. This is really important if you're dehydrated and unable to keep much else down. It may also help prevent muscle cramping.



## BROTHS AND SOUPS

Like coconut water, broths and soups deliver high water content and electrolytes. This combination is key in rehydration. What's more, bone broth and other soups with animal protein additionally provide collagen.



## MELONS

Fruits and vegetables have a high water content and can be a great option for keeping you hydrated. This is especially true with fruits like watermelon, honeydew, and cantaloupe. These all have a very high water content, making them stellar choices when you're dehydrated.



## SMOOTHIES

Smoothies are a highly customizable way to get more fluids when you're dehydrated.

These typically take a liquid base, like milk, juice, or unsweetened iced tea, plus a handful of fruits and vegetables, and sometimes yogurt for added protein.



## MILK

A glass of milk delivers fluids as well as protein, carbs, and some fat. It's a good option for rehydrating because it contains lots of helpful electrolytes.

Milk also contains a small amount of sodium, which can help your body hang onto more liquid



## GAZPACHO

Gazpacho is a raw tomato and vegetable soup that is popular in Spain and Portugal, particularly in the summer months. Its main ingredient is tomatoes and is high on the list of hydrating foods. Besides their 94% water content, raw tomatoes deliver 9% of the DV for potassium.



# What's Happening?



## MEET AND EAT

Meet and Eat is Back! Every Tuesday, Wednesday and Friday at 12 noon.

For reservations, call 970-848-2038

## TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



## YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

[yuma.colibraries.org](http://yuma.colibraries.org)



## HAVE IDEAS?

Are you interested in learning a new skill?  
Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.



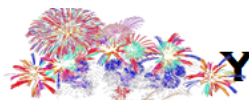
# MEET AND EAT JULY 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

## Contact Information:



Marlene Miller  
Lead Ombudsman/Senior Service, SHIP  
N.E CO. Area Agency on Aging, Yuma County  
mmiller@necalg.com  
Office 970-848-2277



## JULY 2021 YUMA MEET & EAT

**FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For Reservations</b> Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p><b>If you must cancel your meal,</b> please do so by 8:00 a.m. the day of the meal.</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p><b>Suggested Donation - \$4.00</b></p> <p><b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b></p>	<p>1</p>	<p>2</p> <p>BEEF GOULASH PARSLIED CARROTS ANNA'S DILLY BREAD STRAWBERRIES &amp; BANANAS</p> <p>Calories: 605 Carb: 82.6g Fiber: 13.7 Protein: 36.7g Fat: 17.3g Sod: 885mg</p>
5	6	7	8	9
	<p>CHICKEN SALAD W/ GREEN GRAPES MARINATED VEGGIE SALAD WW ROLL PEAR ORANGE FRUIT CUP CARROT CAKE</p> <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 709 Carb: 95.6g Fiber: 10.6g Protein: 34.3g Fat: 23.8g Sod: 931mg</p>	<p>SMOTHERED PORK CHOP SCALLOPED POTATOES BRUSSEL SPROUTS CARAWAY ROLL APRICOT HALVES</p> <p><b>SENIOR MEETING</b></p> <p>Calories: 702 Carb: 84.2g Fiber: 10.5g Protein: 41.8g Fat: 23.9g Sod: 641mg</p>	<p>CORN TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING CANTALOUPE CUBES</p> <p>Calories: 605g Carb: 74.8g Fiber: 10.8g Protein: 34.8g Fat: 19.8g Sod: 762mg</p>	<p>SALISBURY STEAK MASHED POTATOES CONFETTI COLESLAW PEAS ROLL FRUIT SALAD</p> <p>Calories: 782 Carb: 98.9g Fiber: 12.9g Protein: 46.1g Fat: 24.5g Sod: 903mg</p>
12	13	14	15	16
<p>SWEET &amp; SOUR CHICKEN BROWN RICE ORIENTAL VEGETABLES WW ROLL MANDARIN ORANGES w/ BANANAS OATMEAL NUT COOKIES</p> <p>Calories: 768 Carb: 115.1g Fiber: 10.0g Protein: 36.5g Fat: 19.5g Sod: 612mg</p>	<p>SCALLOPED POTATOES &amp; HAM BROCCOLI RAISIN ROLL PINEAPPLE TIDBITS OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 744 Carb: 105.2g Fiber: 10.1g Protein: 33.0g Fat: 24.1g Sod: 955mg</p>	<p>BBQ CHICKEN ROTINI PASTA SALAD STIR FRY VEGETABLES BRAN MUFFIN PEACH SLICES</p> <p>Calories: 705 Carb: 84.6g Fiber: 12.0g Protein: 43.3g Fat: 23.3g Sod: 877mg</p>	<p><b>CHOICE: HAMBURGER STEAK</b> BAKED FISH BAKED POTATO MIXED VEGETABLES ROLL CHERRY BANANA SURPRISE</p> <p>Calories: 609 Carb: 100.9g Fiber: 10.0g Protein: 30.1g Fat: 12.6g Sod: 688mg</p>	<p>LASAGNA TOSSED SALAD W/ DRESSING ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP</p> <p>Calories: 643 Carb: 86.79g Fiber: 10.59g Protein: 33.6g Fat: 20.8g Sod: 591mg</p>
19	20	21	22	23
<p>TERIYAKI BEEF BROWN RICE SPINACH MANDARIN ORANGE SALAD ROLL PEAR SLICES</p> <p><b>OTIS POTLUCK</b></p> <p>Calories: 633 Carb: 106.7g Fiber: 9.6g Protein: 28.3g Fat: 12.3g Sod: 443mg</p>	<p>BRAISED BEEF MASHED POTATOES FRITO SALAD HARVARD BEETS ROLL MELON CUP CINNAMON CRISPIES</p> <p>Calories: 723 Carb: 101.2g Fiber: 10.3g Protein: 31.9g Fat: 23.3g Sod: 995mg</p>	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED GREEN SALAD W/ DRESSING FRESH FRUIT CUP APPLE GRANOLA COOKIE</p> <p><b>BLOOD PRESSURE</b></p> <p>Calories: 798 Carb: 95.6g Fiber: 9.1g Protein: 28.7g Fat: 35.0g Sod: 778mg</p>	<p>HAM &amp; BEANS WALDORF SALAD CORN BREAD MANDARIN ORANGES W/ BANANAS</p> <p>Calories: 659 Carb: 112.4g Fiber: 13.6g Protein: 28.6g Fat: 13.4g Sod: 908mg</p>	<p><b>CHOICE: HAMBURGER STEAK</b> CITRUS PEPPER SALMON FILET PARSLIED POTATOES COUNTRY MIXED VEGETABLES BRAN MUFFINS CANTALOUPE CUBES COOKIES W/ RAISINS</p> <p>Calories: 670 Carb: 95.0g Fiber: 10.7g Protein: 31.4g Fat: 21.3g Sod: 903mg</p>
26	27	28	29	30
<p>SPANISH RICE w/ GROUND BEEF PEAS WW ROLL PEACH SLICES OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 677 Carb: 100.8g Fiber: 13.9g Protein: 34.8g Fat: 17.4g Sod: 549mg</p>	<p>HOT TURKEY SANDWICH CABBAGE TOSS GREEN BEANS OATMEAL ROLLS BANANA SPLIT FRUIT CUP</p> <p>Calories: 646 Carb: 100.9g Fiber: 10.7g Protein: 30.5g Fat: 15.9g Sod: 1066mg</p>	<p>PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS &amp; CARROTS ANNA'S DILLY BREAD FRUIT COCKTAIL</p> <p>Calories: 622 Carb: 94.1g Fiber: 10.8g Protein: 36.0g Fat: 14.2g Sod: 594mg</p>	<p>CHICKEN &amp; SPINACH LASAGNA TOSSED SALAD W/ DRESSING GREEN BEANS GARLIC BREAD FRESH FRUIT CUP</p> <p>Calories: 682 Carb: 80.6g Fiber: 9.4g Protein: 48.8g Fat: 20.8g Sod: 787mg</p>	<p><b>CHOICE: CHICKEN CROISSANT</b> TUNA CROISSANT POTATO SOUP SUPREME W/ CRACKERS BEAN MEDLEY SALAD TROPICAL FRUIT CUP</p> <p>Calories: 807 Carb: 114.9g Fiber: 10.2g Protein: 37.4g Fat: 23.4g Sod: 944mg</p>